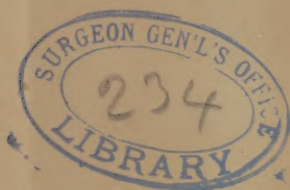


Opinion & facts &c

Ale and Beer.



OPINIONS AND FACTS ✓

FROM

EMINENT PHYSICIANS, CHEMISTS,

AND OTHERS,

IN FAVOR OF

ALE AND BEER

AS

LIGHT, WHOLESOME BEVERAGES.



BOSTON:

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1872.

ALE AND BEER.

THE following pages are submitted to the voters of the State in the belief that a perusal of the conclusive evidence recorded on them, cannot fail to convince any unprejudiced readers of the usefulness and value of malt liquors as light, wholesome beverages for the people.

All the writings from which extracts have been made for this pamphlet, are by the very highest authorities on this subject. They are from men eminent in their different branches of science, from whom all persons are glad to receive professional advice on other subjects connected with the general health of the community. And the unanimity of opinions and conclusions reached by these authors, generally in entire ignorance of each other's writings, is certainly remarkable.

These extracts are submitted without comments, as they speak for themselves; and it is hoped that they will be read by all, whether at present favorably or unfavorably disposed toward the further introduction of ale and beer.

FROM THE ANNUAL REPORT OF THE STATE
BOARD OF HEALTH OF MASSACHUSETTS FOR
1872.

"Alcoholic Drinks. — Their Use and Abuse. — Analysis of the Information derived from Correspondence throughout the Globe.

(By the CHAIRMAN, DR. HENRY I. BOWDITCH.)

"The Board submits to the Legislature this paper prepared with care and labor by the Chairman. The Board presents it as a valuable contribution to the discussion of the general subject of the use and effect of intoxicating drink."

"OCTOBER 15, 1871.

"To the Members of the Massachusetts State Board of Health.

"GENTLEMEN, — In our Second Annual Report is printed a correspondence on the use and abuse of alcoholic stimulants among foreign nations, and a comparison of the same with our own country in this particular. I think this correspondence is unique, not only for the extent of the surface of the globe that it embraces, but likewise for the character of our correspondents.

"I have thought that they should receive attention from us, and that all their essential truths or apparent truths should be sifted out and brought more clearly into view. I have had this end in view while preparing this communication for you; and I trust you will believe that I have endeavored to get at the exact truth.

"In commencing the correspondence as your repre-

sentative, I had no other object in view than to get the opinions of able correspondents, most of them either American ambassadors to different courts, or consuls from the American government, stationed in all the various important countries of the world to which our commerce extends. My questions embraced two main ideas. They were put briefly, because I believed that if I asked a few questions containing seminal principles, I should get ampler responses than if I should ask a greater number, which would necessarily require a longer time, and perhaps much study, to answer correctly.

“The papers were sent to thirty-three resident American ambassadors, and one hundred and thirty-two consuls, and a few other non-official personages and friends, whose opinions I knew would be of great value, if obtained.

“Among these correspondents are many of our most distinguished citizens, some of whom are well known for their eminent intellectual and moral qualities. Usually they have resided for some years in the places from which they write, and are, of course, generally well acquainted with the habits of the people, not only of the cities from which they reply, but also with those of the people of the districts or countries in which these cities are situated. Most of them write as if they knew well the habits of the people, and also those of our own nation, in reference to the use and abuse of stimulating drink. Hence their opinions on that subject are of great value.

“Love of Stimulants a Human Instinct.”

“The first deduction we can make from this correspondence is, that this appetite for stimulants is one of the strongest of human instincts. It is seen in every nation, in all quarters of the globe. Savage or civilized man

alike purchases or makes his appropriate stimulant. Nature seems, in fact, unbounded in its liberality in this particular; for, wherever on the globe he may be, man finds some means for exhilaration or for soothing himself amid the cares and trials that he may meet. Having been made a free agent, he is permitted to use or abuse this bounty, and his own tendency to drink.

“Legislators cannot neglect these great Cosmic and Social Laws.

“In all his dealings with intemperance in this country, the real statesman *must* consider these primal influences of the climate in which a people lives, and of these tastes of the race. In our country, the question is presented in a more complicated form than in any other, from the very fact of the great variety of people that forms our nation. Doubtless this makes legislation more difficult; but that is no reason why a statesman should ignore these great facts.

“Are all Kinds of Ales, Beer, Rum, and distilled Alcoholic Stimulants to be classed as alike equally and always injurious?”

“Some writers in this country and in Europe, in their zeal for the noble cause of temperance, take the affirmative of this question, and claim that alcohol in any form is ‘*always a poison.*’ I cannot hold this opinion, nor do I think that the clinical experience of any physician will admit of it.

“I believe that physicians do at times save human life by using various stimulating drinks with the utmost free-

dom. Moreover, I do not believe there is a single article in the *materia medica*, that in its various forms of elixirs, tinctures, extracts, &c., or when simply combined with water, is more necessary than alcohol in the treatment of disease. I know that some excellent friends claim that some time in the future 'good times' something will be found that will supersede the use of alcohol. They hope for this, believing as they do that it is always 'a poison;' but, even while they assert this, they use these very poisons in their daily practice. I think there are but very few, if any, who are confident that *they* will ever see the time when they will be able to give up such use.

"It is well for us all to deal frankly on this subject. It is time now to look at this question fairly and simply. I take the following position; and I fearlessly assert that clinical experience proves, if it prove any thing, that every form of stimulant now in use can be made a blessing, if used temperately and on proper occasions. But I likewise most freely admit, that, if used intemperately and improperly, each and all may become 'poisonous' to the last degree. Yet more, I believe, that, even when used intemperately, light beer, ale, lager-bier, wines like claret, &c., do vastly less harm than the stronger ardent spirits. In truth, the former cannot produce intoxication, except after the swallowing of a very large quantity, — so large, that, before intoxication is produced, the disposition to drink is satiated.

"There is no doubt that the American people, as a whole, do not by any means as yet understand the true philosophy of food and drink; and this opinion, held by many, and which has been the basis of State legislation for years past, viz., that *all* liquors are in themselves

nothing but evil, and equally evil if once taken into the human stomach, proves the truth of this assertion. It is, radically and wholly erroneous. Those who claim to be the especial apostles of temperance say that every one who drinks at dinner a glass of lager-bier sets quite as bad an example as the most incorrigible drunkard. In drinking even thus moderately, 'temperately,' he proves that he does not believe that alcohol under every form and at all times is a '*poison*,' and therefore to be absolutely and at all times even in the smallest quantities prohibited.

"Intemperance as it may be hereafter influenced by the Cultivation of the Grape, and by the Making and Using of mild native Wines and of Lager-Bier. — Grape Culture and Lager-Bier in America.

"It is the general view presented by our correspondence, that in the wine-making districts of Europe intoxication is less frequent and less severe than in our country. Unfortunately we have never *extensively* cultivated the grape with the idea of making wines.

"I fully agree with all that has been said of the value of light wines as an aid to temperance; but I believe that Germans are destined to be really the greatest benefactors of this country, by bringing to us, if we choose to accept the boon, their beer. Lager-bier contains less alcohol than any of the native grape wines. This fact, with the other fact, that the Germans have not the pernicious habits of our people, would, if we chose to adopt their customs, tend to diminish intemperance in this country.

“What shall we do in Massachusetts to prevent the Evil of a too free Use of Intoxicating Drinks, and to make our People truly Temperate?”

“I am confident that our people could be gradually led to a higher temperance by appeals to its common sense, while depicting the evils of intemperance, by observing that the use of some liquors is deleterious; while the ‘temperate’ use of others does little or no harm.

“It is much to be regretted that there is, at present, no common ground of temperance permitted to exist by the ultra defenders of *either* side of this important question. Some desire total abstinence to be the rule. On the other hand, this idea is resisted by many with an energy which threatens to lead to the *opposite* extreme of perfect freedom in the sale of all intoxicating drinks. But the larger proportion of the community, while working and praying for temperance, do nevertheless use, and feel they have a perfect right to use, wine or ale, if not for good companionship, at least for the reason St. Paul advised Timothy to use it; viz., for ‘thy stomach’s sake.’ Under the banner of total abstinence from all stimulating drinks these latter persons cannot stand. They are *temperate* drinkers, and therefore cannot be received as comrades among those who claim to be the only true defenders of the temperance faith. Let us look a little more closely into this subject of intoxicating, stimulating articles. Alcohol is not by any means the only stimulus that brings disease and misery on human beings.

“Were, therefore, a strict rule made, that no article stimulating to the nervous system should be used by the present party of devotees to abstinence, the dogma

would split that party into innumerable fragments. It would probably be divided into various small cliques, each excluded for its intemperate use of some favorite stimulus, — tobacco, opium, coffee, or tea, &c. Scarcely a week passes that I am not called to '*prohibit*,' in a particular case, all use of the one or the other of these articles.

“ If the community follow the extremists of either side, a common standing-spot can never be found. It is evident, if we can trust human testimony as given by our correspondents, beers and mild native wines should appear in a very different light before us from that which ardent spirits should hold. Cannot *Total Abstinence* advocates, therefore, as a present *Temperance measure*, permit the use of beer and light wines? Can there not be a union on this reasonable basis?

“ My position will be opposed by many. It will be denied that this is a human instinct; and, in proof, it may be said that some men, and more women, never, during their whole lives, use stimulants. Before admitting this argument, I must ask how many there are in the world who do not *use some stimulant*. There may be many who do not use alcoholic stimulants; but I suspect that there are but few, almost none, who ‘totally abstain’ from *all* stimulants, unless, perchance, it be some anchorite in his mountain cell, who, from fanaticism, chooses to eat pulse and to drink water. I deem a love of stimulants as much a human instinct as any other of the so-called human instincts. And the proposition of total abstinence from stimulants, because intoxication prevails widely in the community, seems to me as preposterous as it would be to advise universal celibacy, because of the existence of gross evils in connection with those

instincts that lead to the divine institution of marriage.

“ From the study I have made of our correspondence, I am induced to believe that the permission to sell mild ales, beer, and light wines, would, under certain very general rules, be really a promotion of temperance in New England, as it apparently is elsewhere.

“ Beer, native light grape wines, and ardent spirits should not be classed together; for they produce very different effects on the individual and upon the race.

“ Light German beer and ale can be used even freely without any very apparent injury to the individual, or without causing intoxication. They contain very small percentages of alcohol (4 or 4.5 to 6.50 per cent).

“ By classifying all liquors as equally injurious, and by endeavoring to further that idea in the community, are we not doing a real injury to the country by preventing a freer use of a mild beer, or of native grape wine, instead of the ardent spirits to which our people are now so addicted ?

“ In the sincere belief, gentlemen, that this analysis of our correspondence will, eventually at least, tend to help onward the most excellent cause of temperance everywhere, and in the hope that none will be offended at the expression, at times, of my own individual opinions, which, in the course of the discussion, I have deemed it my right and duty to give, I remain,

“ Your colleague and friend,

“ HENRY I. BOWDITCH.”

EXTRACTS FROM THE CORRESPONDENCE REFERRED TO BY DR. BOWDITCH.

LETTER FROM A PHYSICIAN IN MASSACHUSETTS.

"I should, however, make a distinction between the use of intoxicating liquors and the lighter drinks. If we could so manage as to furnish the people with light wines, lager-bier, and such drinks, and dispense with distilled liquors, I believe that the community would be immensely benefited."

LETTER FROM ANOTHER PHYSICIAN IN MASSACHUSETTS.

"I have had a very large practice among the Germans for twenty years; and my observation has been, that they are remarkably free from consumption and chronic diseases. I have attributed it to their free use of lager-bier. I believe that the moderate use of the lighter drinks is beneficial."

"CONSULATE-GENERAL OF THE UNITED STATES,
FRANKFORT ON THE MAIN, May 20, 1870.

"Such was the state twenty years ago. By the improvements in making better beer, things have changed. The drunkards have disappeared. A great deal less of cider and wine is consumed. The people now generally drink beer. Intoxication has decreased. . . .

"It cannot be said that the general health of the people suffers in this part of Germany. In the city of Frankfort, with a population of one hundred thousand persons, and an average annual mortality of fifteen hundred persons, hardly an average of five persons have died of delirium tremens."

“UNITED STATES LEGATION, VIENNA,
June 17, 1870.

“I am advised by those in whose judgment I have confidence, that the chief intoxicating drinks in Austria are beer and wine, and that but comparatively a small amount of spirituous liquors is consumed, excepting in Galicia.

“Touching the relative amount of intoxication in the country where I am residing, and that seen in the United States, I may say that I have seen more intoxicated persons in the streets of New York in one day than I have chanced to see in Vienna during the past year.

“I am, sir, very respectfully yours,

“JOHN JAY.”

“A physician who has under his professional charge a large institution for the maintenance of aged persons informs us that the demand among the inmates for stimulus in the form of tea is a matter of constant observation; and he moreover gives it as his opinion, that from twenty to twenty-five per cent of the whole number are *tea-sots*, drinking tea regularly from four to six times daily, and as much oftener as they can procure it. They show the effect of this over-stimulation by increased mental irritability, muscular tremors; also in a greater or less degree by sleeplessness.

“The following fact has also come to our knowledge: A domestic in the family of a friend appeared at times intoxicated. As it was certain she could not get any of the so-called intoxicating liquors, great surprise was caused, until at length the problem was solved by the

discovery that the individual drank large quantities of the strongest tea, of which she was constantly sipping."

FROM THE STATE BOARD OF HEALTH REPORT, 1872.

On the Use of Opium, by Dr. F. E. Oliver.

"The consideration of a remedy for this habit, if such there be, hardly falls within our province. We may, perhaps, be pardoned the suggestion, however, that, based as it is upon a craving that no laws can eradicate, the allowance of those milder stimulants, everywhere in use in continental Europe, might aid at least in lessening the consumption of both alcohol and opium. It is an instructive fact, that in the history of legislation, whether against opium, alcohol, tobacco, or coffee, — for all have at different periods been the subjects of legislative enactment, — in no instance has the end sought been reached. Substitution or successful evasion has been the immediate consequence of all such efforts. In countries where the culture of the vine prevails, drunkenness and opium-eating are comparatively almost unknown. It is certainly not unreasonable to suppose that the permitted use of the lighter wines, and among malt wines of beer, would tend to the prevention of the latter habit, and in time go far towards solving the vexed question which of late seems to have disturbed the public mind."

LETTER OF BARON JUSTUS VON LIEBIG, THE
EMINENT GERMAN CHEMIST.

"In virtue of its characteristic ingredients, beer unites in its composition a number of conditions by which, in the human body, the consequences on the nervous system of the action of alcohol, which exalts the functions of the brain and spinal-cord, are, after a certain time, more or less completely neutralized.

"Fermented juices in general differ from spirits in containing alkalies, organic acids, and certain other substances, which it is the business of chemistry more especially to ascertain.

"Fermented liquors, when taken with lean flesh and little bread, yield a diet approaching to milk, and with fat meat one approaching to rice or potatoes, in the relative proportions of plastic and non-nitrogenous constituents."

LETTER FROM THE STATE ASSAYER OF THE COM-
MONWEALTH.

"No. 20, STATE STREET, BOSTON.

"Malt liquors, such as ale and beer, differ materially in composition from other spirituous liquors. They contain less alcohol than any other fermented beverages, and also a very large proportion of malt and grain extracts, — substances very much like *corn-starch*, the common article of food, — consisting principally of starch and dextrine, with a little sugar. They also contain a very small proportion of the bitter principle of hops.

"In brewing malt liquors, the sprouted grain and hops are steeped and boiled in water, yielding the sweet liquor, or 'wort,' which, after fermentation in large wooden tuns, produces ale or beer. The dangerous *fusel* oil is not produced by any process of brewing or fermenting; and, as these liquors are not distilled, the presence of poisonous metals, frequently found in spirits, is entirely avoided. Ale and beer are never found adulterated with deleterious substances in this State, and are the only liquors entirely exempt from admixture.

TABLE OF ANALYSES, FROM OFFICIAL RECORDS.

SHOWING THE PERCENTAGE OF ALCOHOL IN DIFFERENT
LIGHT DRINKS.

Average Massachusetts ale contains 5.20 per cent of alcohol.					
Common	"	"	"	4.10	"
Strong 'stock'	"	"	"	6.30	"
Common	"	lager-bier	"	4.00	"
Strong	"	"	"	5.80	"
Home-brewed 'hop beer' *	...	"	"	5.50	"
Common cider.....		"	"	6.10	"
'Hard' cider.....		"	"	10.40	"
Currant wine.....		"	"	13.60	"
Native-grape wine.....		"	"	13.30	"
'Ottawa' beer.....		"	"	2.00	"
London ale (imported).....		"	"	6.80	"
Edinburgh ale (imported).....		"	"	7.50	"
London porter	"	"	6.10	"
Dublin	"	"	7.00	"
Average German lager-bier....		"	"	3.80	"
New-England rum.....		"	"	50.00	"

* Made by farmers and private families from molasses and hops. Every gallon of molasses yields, when fermented, very nearly a gallon of spirit having the same strength as rum.

"It will be observed that average ale, as brewed and sold in Massachusetts, contains only one-tenth part as much alcohol as rum or whiskey.

S. DANA HAYES, Ph. D.,
State Assayer for Massachusetts."

EXTRACTS FROM AN ARGUMENT OF HON. E. W.
MORTON.

"I represent a manufacture employing, in and about Boston, a capital of upwards of ten millions of dollars, and giving occupation to more than a thousand persons, — the manufacture of beer; a product which to-day finds its consumption through lawful channels. This manufacture is almost as ancient as history; probably discovered by the Egyptians. It is mentioned by Tacitus, as being common among the Germans of his time; and Pliny describes the *cerea* and *celia*, the beer of the Spaniards, and the *cerevisia* of the Gauls. Theophrastus and Herodotus call it the wine of barley; and in an ancient account by Isidorus and Orosius of the manufacture of beer by the Britons and Celtic nations, we find that its process was similar to that in use at the present time.

"I shall claim, in the public interest, and in the interest of those whom I represent, that this manufacture is wholesome and beneficial; and I believe, at the present time, it may be most conveniently and effectively availed

of as an instrumentality for promoting temperance. To-day, as I have said, beer finds its consumption through lawful channels. It is proposed to make that which to-day is legal, illegal to-morrow ; and you are to determine, so far as you may, whether it shall be accomplished. You will consider that individual rights are to be respected, and that capital has been lawfully adventured upon the faith of legislation.

“The present statute, which you are challenged to modify, provides that, ‘Any person may manufacture or sell, or keep for sale, ale, porter, strong beer, lager-bier ; but nothing herein contained shall authorize any person to sell ale, porter, strong beer, lager-bier, during any part of the Lord’s Day.’

“‘Coming directly from the people,’ reasonably supposed ‘to understand the objections to the law, and the remedies necessary to remove them,’ the Legislature enacted this statute, which the uncompromising prohibition politicians demand you to repeal. Whether it is the wisest statute that can be passed to encounter the evils of intemperance, I will not undertake to say ; but that that statute is based upon a sound policy as far as it goes, that it is consistent in itself, and worthy of respect, I honestly maintain. It fairly recognizes the common fact, that there are two well-defined classes of popular beverages.

“I contend that the results of this discriminating legislation, though newly born, have been good, based as it is upon principle, and aiming to suppress the use of strong stimulants by authorizing the free sale of the lighter ones.

“Considered chemically, there is a distinction between the stronger intoxicants and malt liquors, not only very

proper, but very necessary to be taken into account in any intelligent action upon the subject of intoxicants. The one is an essential article of diet, and is regularly used by millions of temperate people as such ; and the other has in its composition little or nothing that can be called food. A quart of ale contains less of the intoxicating element than a gill of whiskey, and accompanied with that intoxicating element is a preponderance of food.

“ Now, it would seem that we are reduced to the question, What shall be drunk, and how shall it be sold ? I have essayed to show that a sound, discriminating policy should adopt the free sale of malt liquors to divert the public taste from the stronger spirituous liquors. Certainly nothing will be lost in its honest trial.

“ Permit me one word more in behalf of the individual interests I have been called to represent. I have obscured them designedly. With the sanction of calm legislation, based upon a review of the past, with the guaranties of the representatives of the people, with the tacit approval of public sentiment, the individuals I represent are conducting a lawful trade, upon the peaceful exercise of which their comfort depends. Under these circumstances, their rights are entitled to peculiar respect : the value of their property must not be governed by the results of contests for political supremacy. They should not yet be treated to a further fluctuation of legislation.

“ Having found a rational medium of legislation, which has had but a brief, and so far promising trial, I must believe you will determine that public policy does not demand a repeal of the provision to which your attention has been devoted.”

